Pedagogical Self-Report on Motivation for Exercising in University Young Students

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INTRODUCTION

- Traditionally, women have been less active and physically active than men. In sport, it seems that this difference decreases.
- Origin of this difference: multifactorial / Intrinsic and extrinsic factors.
- SELF-PERCEPTION OF THE PERFORMANCE OF EXERCISE → Most triggering factor in this lower female activity.
- The study's objective is to identify and relate the self-perception and motivations of healthy adult women with performance in a VO2max test.

OBJECTIVE

- To analyze the relationship between cardiovascular performance and motivations for practicing PA in university students.
- To confirm the hypothetical existence of a relationship between cardiovascular performance and greater motivation to practice PA.

METHODOLOGY

❑ SAMPLE:

- 31 young women and university students (UGR, Spain).
- EQUIPMENT AND MATERIALS:
- Heart rate recording during testing: Polar RS800CX
- Ventilatory parameters measured during a submaximal incremental stress test. For this: True One 2400 metabolic measurement system (Parvo Medics, Sandy, UT), Jaeger Master Screen gas analyzer, and a Viasprint 150 P cycle ergometer.
- PROCEDURE :
- Carrying out a submaximal incremental effort test on a cycle ergometer with a mask connected to a metabolic cart (ACSM recommendations, 2010).
- The Astrand protocol (1965) was used.
- After the test, AMPEF in a soundproof room.

RESULTS

- Statistical analyzes were represented with means (M) and standard deviations (SD).
- Before performing the analyzes, a Kolmogorov-Smirnov normality test was performed, which showed that the data were normally distributed, and a Levene's test assuming their homogeneity.
- To compare the AMPEF data, we performed a correlation analysis between the different AMPEF factors and V02Max.

Table 1. Correlation between the factors obtained through the AMPEF questionnaire and V02Max.

Factor	$V02_{max}$	PIC	DB	PSP	C	A	FRM	RS	CE	AF	D	US
$V02_{max}$	1,00	-0,01	0,38	-0,12	-0,08	0,09	-0,16	-0,06	0,10	-0,16	-0,20	-0,19
PIC	-0,01	1,00	0,05	-0,01	0,19	-0,02	0,08	-0,19	-0,12	0,22	-0,19	0,03
DB	0,38	0,05	1,00	0,00	0,44	0,07	-0,28	0,23	0,29	0,24	0,30	0,21
PSP	-0,12	-0,01	0,00	1,00	0,66	0,54	0,56	0,15	0,33	0,64	0,32	0,58
C	-0,08	0,19	0,44	0,66	1,00	0,40	0,27	0,38	0,33	0,76	0,43	0,53
A	0,09	-0,02	0,07	0,54	0,40	1,00	0,60	0,20	0,72	0,58	0,23	0,60
FRM	-0,16	0,08	-0,28	0,56	0,27	0,60	1,00	0,09	0,49	0,56	0,16	0,52
RS	-0,06	-0,19	0,23	0,15	0,38	0,20	0,09	1,00	0,17	0,31	0,52	0,22
CE	0,10	-0,12	0,29	0,33	0,33	0,72	0,49	0,17	1,00	0,47	0,25	0,72
AF	-0,16	0,22	0,24	0,64	0,76	0,58	0,56	0,31	0,47	1,00	0,28	0,54
D	-0,20	-0,19	0,30	0,32	0,43	0,23	0,16	0,52	0,25	0,28	1,00	0,44
US	-0,19	0,03	0,21	0,58	0,53	0,60	0,52	0,22	0,72	0,54	0,44	1,00

NOTA: $V02_{max}$: Volumen de Oxígeno Máximo; PIC: Peso e Imagen Corporal; DB: Diversión y Bienestar; PSP: Prevención y Salud Positiva; C: Competición; A: Afiliación; FRM: Fuerza y Resistencia Muscular; RS: Reconocimiento Social; CE: Control del Estrés; AF: Agilidad y Flexibilidad; D: Desafio y US: Urgencias de Salud

RESULTS

- The study hypothesized that higher cardiovascular performance would be associated with more motivation towards PA practice in university students.
- The hypothesis cannot be confirmed because only one of the motivational dimensions has shown a correlation with cardiorespiratory performance, specifically image and body weight.
- Positive correlation between the maximum consumption level of and the PIC variable (R = 0.001), confirming part of the previous hypotheses where the value of body image is highlighted to have a better self-concept, and, therefore, personality development.

CONCLUSIONS

- The importance of PA is not only directly related to the improvement of cardiovascular performance, but also to a multitude of psychological aspects, such as **SELF-CONCEPT.**
- In turn, the **improvement of self-esteem** produces a **greater motivation** to practice PA.
- The action of institutions, both governmental and academic, is necessary to develop strategies that help sedentary people to be more active (especially the female population greater sedentary lifestyle).

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